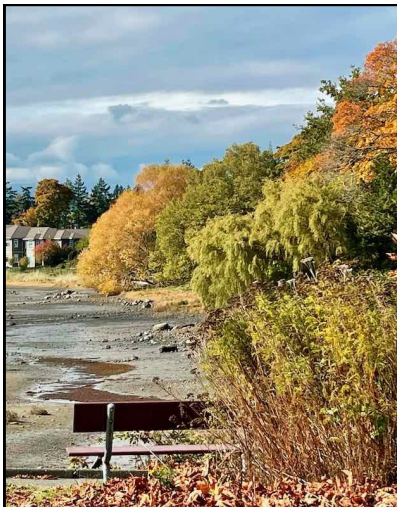




October 2025 Newsletter

Class Registration for Nov/Dec opens Oct. 1
Sat. Oct. 11 – Thanksgiving Dinner – Tickets on sale now!
Centre Closed Mon. Oct. 13 for Thanksgiving
Sat. Oct. 18 – Info Session: Poverty in the Comox Valley

1801 Beaufort Avenue
Comox , BC V9M 1R9
250-339-5133
www.comoxseniors.ca
Email: info@comoxseniors.ca



A Message from the President

Hello d'Esterre Members,

It's already October. I hope everyone is looking forward to a good Thanksgiving.

Your Board of Directors have started the Strategic Planning process. We will be using your feedback from the membership survey and the Town Hall participation to help guide the plan. Along the way, we'll be asking for more input through an information session. As you know, it's imperative that we continue to work closely with the Town of Comox as they finish developing the Official Community Plan. Thank you to those who wrote to the Town to express how important it is to have d'Esterre specifically named in the Plan and for the Town of Comox to continue to generously support us as they have for the past 50 years. The relationship with the Town will be an important element of our Strategic Plan.

We are working on the 2026 budget and have determined that the membership rate will be \$50, with a \$5 discount for early-bird sales to current members (\$45) in December or January, depending on the implementation of the new on-line registration system. You'll be able to get your membership on-line and register for classes this way, or continue to visit the Office in person.

The membership survey collected feedback about the Café and many would like it to stay open later in the day. We'd like to make this happen but it's dependent on having a few volunteers each day who are willing to stay until 1:45. If you're interested in joining the volunteer team, please let the Office know at info@comoxseniors.ca.

Lastly, advance congratulations to Alex, our Executive Director, and his wife Julia, on the impending arrival of their daughter. We know everyone wishes them well in the exciting journey of parenting.

Myrna Holman
Board President



Board of Directors 2025 – 2026

- Myrna Holman, President
- Peggy Rasmus, Vice-President
- Lois Higgins, Secretary
- Susan Kennedy, Treasurer

- Jim Cooper, Director
- Mike Couture, Director
- Carol Doyle, Director
- Barbara Havers, Director
- Nancy Kremer, Director
- Cheryl Smith, Director

- Chris Haslett, Town Rep

We respectfully acknowledge that we live, work, and play on the traditional lands of the K'omoks First Nation Gila 'kasla...Hay ch q' a'. Major support from the Town of Comox is greatly appreciated.

Events and Notices

- Wed. Oct. 1 – Class registration opens for Nov/Dec classes
- Sat. Oct. 11 – Thanksgiving Dinner (p. 4)
- Mon. Oct. 13 – Centre closed for Thanksgiving
- Sat. Oct. 18 – Info Session: Poverty in the Comox Valley (p. 5)

VOLUNTEER



Kitchen

We need volunteers!

The kitchen is a fun, lively place to be. Come check it out if you are looking for a way to connect, help out, and give back to the community.

We are particularly looking for volunteers for Tuesdays, roughly 10am-1pm, but we can use help on any day that you are available.

There are a variety of options to suit anyone, and we welcome everyone to join the team. Volunteer and make a difference!

Please contact the office at info@comoxseniors.ca or stop by for more information

Dei's Café

Hours of Operation: 8am-1pm (Last call for lunch orders 12:30pm)

Breakfast: muffins, breakfast sandwich, full breakfast

Lunch: soup, salads, and sandwiches daily, hot meal options on Tuesday and Thursday.

Hot Meal Menu

Thursday	October 2	Liver & Onions
Tuesday	October 7	Shepherd's Pie
Thursday	October 9	Chicken
Tuesday	October 14	Ham & Scalloped Potatoes
Thursday	October 16	Liver & Onions
Tuesday	October 21	Meatloaf
Thursday	October 23	Cordon Bleu
Tuesday	October 28	Roast Beef
Thursday	October 30	Liver & Onions

MEMBERSHIP

2025 Membership

Memberships are half-price (\$20+GST) for the remainder of 2025.

Memberships are available for purchase at the Office Mon-Fri from 10 am-1 pm. Cash, cheque, or debit are accepted.

Membership is for those aged 55+ and is required to participate in activities and classes at the Centre. Additional fees are charged for classes and activities.

2026 Membership

2026 memberships will be \$50, \$45 for renewals of current (2025) memberships.

Early renewal will **not** begin in October. We are anticipating the early renewal process to begin in December. This timeline shift is due to the roll-out of a new registration system which will allow for on-line registration (but don't worry, there will continue to be the option of in-person registration at the office). More info on p. 10.

Welcome to Autumn in the Gift Shop



Warm yourself with cozy gift ideas!

New arrivals every week!

New Consignors welcomed

Repeat Consignors now accepting Fall & Winter Crafts

Contact Nancy @ nancy2fancy@shaw.ca

Open Monday to Friday

10am - 1pm

Handmade Gifts from the Heart



Christmas Craft Market

NOVEMBER 15

9 AM TO 2PM

CRAFTERS,

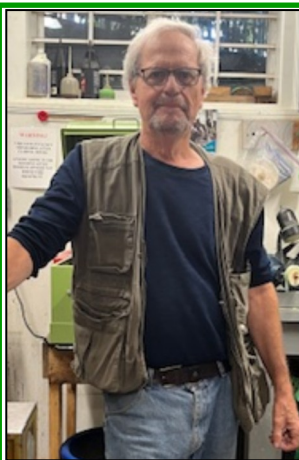
**are you seeking a venue to showcase
and sell your handmade crafts?**

**Register for a table at d'Esterre's
popular Christmas Market. For
further information, please contact**

Nancy

nancy2fancy@shaw.ca

**HANDMADE GIFTS
FROM THE HEART**



Crafty Conversations by Deidre Rennie

This month, Crafty Conversations is pleased to present Ralph Bruinink. Ralph spends a lot of time at the Centre and many of us will have seen him there. Ralph has lived in the Valley since 1969 when his father, who used to work at the mill in Port Alberni, joined the Airforce and was posted here. Ralph started working as a logger for Crown Zellerbach and actually worked with my husband. When the company closed down, both were lucky enough to get a transfer to the pulp mill in Campbell River where they worked for many years before it too shut down and retirement took over.

Ralph has been a member at d'Esterre for 14 years. He used to be the handyman here as well as giving tours of the Centre to new members. Last year he received a Volunteer of the Year award and was named as a Lifetime Member. These days he is the coordinator of the Rock and Gem Club where he helps mentor members new to crafting with rocks. He helps out with Cue Sports and the Woodshop and he still does odd jobs around the Centre as needed. Currently he is working on a wooden display case for the Rock and Gem club to display their works. Ralph also does his own projects: making jewellery, crafting copper wire and beads into dragonflies, spiders and other such insects as well as making projects out of wood.

I asked Ralph about the process to make a piece of jewellery from raw rock. He said it would take between 10 and 45 minutes to cut a slab of rock depending on how skilled you are. Then the slab needs to be shaped, which can be done either with stencils or a trim saw. Grinding is the next step. It is done on a grinding wheel (or should I say 6 wheels), all with different sizes of grit. This takes between 30 to 60 minutes. Next comes mounting, which can be done by wrapping the stone in wire or by using a pinch bale which drills a small hole in the rock. The last step is adding a chain to make a necklace.

In addition to his volunteering and his artistic creations, Ralph likes spending time with his 7 grandchildren, taking them fishing and hiking and being a grandpa. I asked Ralph what his favorite thing to do is. His reply, "To challenge myself to make ideas in rock, glass, pottery pieces, or wood into something that gives me satisfaction."

SPECIAL EVENTS

The energy at Pub Night was electric! The Optimists delivered an unforgettable performance, packing the dance floor to capacity! We're still buzzing from the excitement and are already exploring the possibility of another event in January. A huge thank you to our incredible volunteers who helped make this evening an overwhelming success!

THANKSGIVING DINNER

OCT 11

DOORS OPEN AT 5:00



TURKEY/HAM ALL THE TRIMMINGS

Cash and Debit accepted no large bills

30.00 members / 40.00 non member
4 ticket limit

Fall is in the air, let's ignite the spirit of togetherness as we settle in for the winter. Thanksgiving dinner is scheduled for Oct 11. Indoor activities take center stage, sparking endless possibilities. We're eager to introduce new experiences to our center. A book club, a music jam, short workshops - the possibilities are endless. What innovative ideas can we bring to life? Please reach out to Cheryl at cheryl@comoxseniors.ca and together, let's explore the possibilities.

- ♥ December 13 we're throwing a Christmas party, and you're invited!
- ♥ December 25 - our annual Christmas dinner, because, priorities!

Thanksgiving is a time for giving and sharing. d'Esterre Seniors' Centre is an important part of our community. It's a gathering place where people can interact, share experiences, and enjoy what interests them. For many people, it's their second home.

Why Donate to d'Esterre? Strong senior centres lead to stronger, more connected communities. When seniors are actively engaged and well-supported, they will contribute their wisdom and experience to the community. That enriches us all.

Three Easy ways to support d'Esterre Seniors Centre

1. Make a donation at the office
2. Donate through our website using [Canada Helps](#).
3. Join our Monthly Giving Program online

Join us in making a positive impact: Donate today!

d'Esterre Seniors' Centre Association is designated by the Canada Revenue Agency (CRA) as a registered charity.
No. 119229763RR0001.



INFO SESSIONS

Upcoming Info Sessions

Sessions are Saturdays at 10:30am in the Ballroom

Oct. 18—Poverty in the Comox Valley

No registration necessary.....Everyone welcome!

Info sessions will be taking a break in Nov/Dec.

Information Sessions are provided solely for informational and educational purposes and are not intended to be an endorsement of any particular product, service, or business.

If you have a suggestion for a topic and presenter for a future presentation, please contact Jim at seniorwoodworker@gmail.com.

INFORMATION SESSION

Sat. October 18th at 10:30 am
in the Ballroom

Poverty in the Comox Valley
What is happening here and what can be done?

Facilitator:

One of the members of Thriving Together, Comox Valley's poverty reduction group

Does poverty exist in the Comox Valley? It is often hidden but affects all of us in some way. In this presentation, participants will have the opportunity to learn about the biggest factors related to poverty in the Comox Valley:

housing and risk for being unhoused, income & wages vs. expenses, transit costs, food insecurity and more. The information presented includes data on how many of us are at risk and why. After hearing about and viewing the information, participants are invited to share their thoughts and ideas about what is happening and what we individually, and as a community, can do about it.



No Registration Necessary - Everyone Welcome

August Info Session: Your Medications and You

A small group attended the September Info Session and were treated to a wealth of information from Carmela and Janice from The Medicine Shoppe, an independent local pharmacy. Carmela's presentation covered various medications, vaccines, and the many services available from your pharmacist.



Activities Around the Centre

Duplicate Bridge

The Duplicate Bridge Club has its own website which can be accessed at this link: [d'Esterre Seniors' Duplicate Bridge, Comox, British Columbia, Canada \(bridgewebs.com\)](http://d'Esterre_Seniors'_Duplicate_Bridge,_Comox,_British_Columbia,_Canada_(bridgewebs.com))

Games are held 3 days per week: Tuesdays at 6:30 pm, and Wednesdays and Saturdays at 1 pm. You must have a current membership and playing fee is \$3. You will need to have pre-arranged a partner with whom to play. Please arrive 10 minutes before play time.

Skillbuilder's Bridge

You don't need a partner or expertise to play Skillbuilder's Bridge - just basic lessons (recently or in the past). You can bring your quarter, cheat sheets, and talk through your moves in a non-competitive environment. Join us downstairs at 1 PM in the Card Room, and bring your membership card. If you'd like to join this drop-in group, contact Lori at 403-512-8203.

Mah Jongg

Thursdays at 1 PM in the Card Room.
FMI Barbara at 250-792-5103.

American Mah-Jongg

American Mah-Jongg is on Mondays at 1pm and Tuesdays at 1:30pm in the library area. FMI Susan at cypresstech3@shaw.ca, or phone 250-339-2979 or 778-585-1487.

Learn to Play Mah Jongg

Thursdays 10am-12pm in the Card Room. d'Esterre membership is required. \$1.00 per person. Please contact Harry at 250-702-5948 to schedule.

Bid Euchre

Mondays at 7 pm in the Card Room.
FMI contact Charlie/Norma Cooper at 250-792-4075

Cribbage

Tuesday evenings in the Ballroom.

Play starts promptly at 7pm, please come a little earlier to help set up the tables and arrange partners, latecomers cannot be accommodated. Stay after the games are over for a cup of decaf coffee and some goodies. Cost \$2, be sure to bring some dimes for the 'skunk' jar.

New players are always welcome, and if you'd like to play but don't know how or are rusty, contact Diana or Harry to set up some lessons or refresher games.

High scores for September :

Ladies, Diane O. 726; Gents, Leon V. 726

FMI contact Diana, 250-339-7714, dianaterry@shaw.ca or Harry at 250-702-5948

Canasta

Join us on Fridays 1pm-3pm and play Hand & Foot Canasta. Learning is easy and playing is fun! New members are most welcome. If you have any questions, drop by and visit the group or call Harry at 250-702-5948.

For the Love of:

Bid Euchre – Charlie/Norma at 250-792-4075

Canasta – Harry at 250-702-5948

Cribbage – Diana 250-339-7714 or Harry 250-702-5948

Partner Bridge – Jane at 250-871-0350

Duplicate Bridge (Tues) – Judy at 250-890-1053 or
Rona at 250-339-5491

Duplicate Bridge (Sat) – Jeannette at 250-339-7161 or
Wendy at 250-837-1590

Duplicate Bridge (W) – email Frieda at
friedaho8549@gmail.com

Skillbuilder's Bridge – Lori at 403-512-8203

Mah-Jongg – Barbara at 250-792-5103

American Mah-Jongg – Susan at 250-339-2979

Learn Mah-Jongg – Harry at 250-702-5948

Fun & Games (M) – Harry at 250-702-5948

Fun & Games (F) – Sherry at 250-792-2256

Backgammon – Kevin at 236-489-1955

Activities Around the Centre

Fun & Games/Mexican Train

Mexican Train: FRIDAY 1: 15. Dining Room
We had a fun Summer playing Mexican Train and look forward to an autumn of laughter and fun. For those who have not been to our game, we play for the joy of social interaction and there is a winner every round. Our rules are simple and if you forget them there is always someone to help you. Want to learn or just want to join you are welcome to come. Phone me to let me know you wish to come. Sherry 250-792-2256

Backgammon

Offered on the 2nd and 4th Friday of the month. FMI Kevin 236-489-1955 or kmcarvill@telus.net

Carpet Bowling

Come bowling Mondays and Wednesdays at 1 pm.
Fee for play is 50 cents a day.
Everyone welcome!
Diane Owens 250-941-8600



Quilting Group

If you are interested in quilting, come out and see what we do, have some fun, and get to know other members at the Centre. If you are interested or have any questions call Donna Englehart at 250-702-9493.

Knitting Group

Do you enjoy knitting or crocheting? Come and join us for good conversation, sharing patterns, and show and tell. We meet Thursdays at 11:30 in the Dining Room. FMI contact Elaine at 250-941-2518.



Rock and Gem Club

The Rock and Gem (Lapidary) Club is open to any member interested. We invite potential new members to take "the tour". With our club, there's training, field trips, and lots of fun. Contact Ralph Bruinink, 250-339-6966



Cue Sports

New to pool or want to get back into it? Visit our Cue Sports Club as our guest and try out our newly installed Eight-ball table and newly recovered Snooker table. You'll be greeted with friendly smiles! Then, if you choose, an annual membership to the Club is only \$20. Contact me if you'd like more details. Mike Couture, Convenor, (250) 898-4633 or couture.mike.r@gmail.com



French Conversation Group

If you are interested in improving your French conversation, try this group. The Beginner-Intermediate level meets on Wednesdays from 9-10am and the Advanced-Native speaker level meets on Fridays from 9-10am in the Card Room downstairs. FMI email Raymond at romorin@shaw.ca.

Walking Group

Individuals walk for approximately one hour at their own pace, followed by a coffee break social.



Tuesday - Friday start time 9 am at d'Esterre Centre Dining Rm.

Sat. start time 9 am at the Comox Mall, Independent Grocer entrance.

Exceptions:

2nd Tuesday of the month start time 9 am at Pharmasave, Comox.

4th Tuesday of the month start time 9 am at the Air Park south parking lot, Courtenay.

One Saturday a month there will be a walk starting from different locations.

Check the d'Esterre bulletin board for details.

Contact person: Sharon shpaterson@shaw.ca

Activities Around the Centre

Wood Workshop

Our Shop has acquired a dedicated cabinet saw. This is a great addition: more suitable and capable of our diverse applications. This was partially as a result of generosity from a local contractor. We will soon begin Christmas craft work. Please join us!

Contact Jim Cooper 250-218-5267
seniorwoodworker@gmail.com.



Art Club

The Autumn winds have sent clouds swirling over the mountain peaks but we remain content in our cozy studio. Elizabeth bounces into our workspace trailing a cart of supplies. She shows no fear when attacking a large canvas and is always ready to apply a new skill. We all get swept up into the vortex of her enthusiasm. It's fun.

If any beginners are interested in picking up a brush for the first time, we have a small stock of donated materials available to get you started. No need to hit the dollar store. You will receive oodles of encouragement. We meet on Mondays from 9 to 12 on the lower level. New members are always welcome.

Dorothy Gardner, who has led the art group for many years is stepping down from her position and Wendy & Judy will try to replace her—a hard job. Thank you Dorothy for your expertise and your hard work. The art group meets between 9am and noon on Mondays (unless there is a Stat holiday), on the bottom floor near the stairs. We are not formal and you can come any time between 9-12 and everyone is welcome, even if you haven't painted or sketched for years.

Bring all your own supplies including paper, watercolours and/or acrylics... whatever you like, except for oils.

Come and join us.

Wendy Tippett : wa.tippett@gmail.com

Judy Mann: judymann@shaw.ca



Silversmith Workshop

The Silversmith Club October meeting is scheduled for Friday October 3 at 10:00 am in the morning. of interest to Club members. We will be reviewing more of the new tools purchased for the Club by d'Esterre with funding through the New Horizons grant.

More Club members are starting to sell their jewellery through the d'Esterre gift shop. Also, our Club members are now preparing products to sell at the d'Esterre November Christmas sale.

Currently there may be room for at least one more member in the Silversmith Club. Prior to joining the Club, you need to have basic silversmith training. An updated list of trainers will be found on the Bulletin Board in the d'Esterre Silversmith Club workshop downstairs, including two Comox Valley Silversmith local trainers, the North Island College continuing education silversmith training in Campbell River and the Makerspace in Parksville, both of which offer weekend workshops, plus another trainer who offers some workshops at one of the buildings in the Comox marina. Also, the Club is exploring opportunities to offer its current members more workshops in our own workspace, particularly focused on using our new tools, including punches. Last year we offered three workshops on different topics for members.

Please contact the Club Coordinator, Bonnie Luterbach at bluterbach@shaw.ca if you are interested in joining the d'Esterre Silversmith Club.

Tai Chi – The Perfect Activity for the Rest of Your Life

“This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life.” Harvard Health Publishing, Harvard Medical School

If you are interested in trying Tai Chi, there is a **NEW** beginner class on Tuesday mornings at 9am starting on October 7. See p. 10 for more details on this class.

Tai Chi is a holistic practice that not only improves physical fitness but also enhances mental and emotional well-being. Its gentle movements and focus on mindfulness make it suitable for people of all ages and fitness levels, providing a safe and effective way to promote overall health. Whether you are looking to reduce stress, improve balance, or manage chronic conditions, Tai Chi can be a beneficial addition to your wellness routine. And you can get started even if you aren't in top shape or the best of health.

The Many Benefits of Tai Chi:

Improves Balance and Reduces Falls

- Combats muscle weakness and improves stability
- Enhances proprioception and body awareness
- Reduces the risk of falls
- Builds confidence and independence

Promotes Cardiovascular Health

- Increases heart rate and improves circulation
- Lowers blood pressure
- Reduces the risk of heart disease and stroke
- Improves lung capacity

Enhances Flexibility and Range of Motion

- Improves joint mobility
- Increases flexibility in muscles and tendons
- Helps prevent stiffness and arthritis
- Promotes better posture and alignment

Strengthens Muscles and Bones

- Builds core strength and stability
- Increases muscle strength and endurance
- Helps maintain healthy bone density
- Reduces the risk of osteoporosis

Reduces Chronic Pain

- Eases joint and muscle pain
- Alleviates symptoms of arthritis
- Reduces back pain and tension
- Relieves symptoms of fibromyalgia

Improves Mental Health and Well-being

- Reduces stress and anxiety
- Enhances mood and self-esteem
- Improves cognitive function
- Promotes better sleep quality

Coffee with Al

Come have coffee with Al on Monday morning from 9-11am on Oct. 6 and 20. Drop in and get your iPad, iPhone, and other computer questions answered at Al's corner table in the Dining Room.



Coffee with Alan

Alan, our webmaster, will be available to help with Android phone and tablet questions on Monday morning from 9-11am on Oct. 20 in the back area of the Dining Room.



Special Occasion Cards

Please let Betty know if there is a member to send a card to for birthdays, illness, a death, or any other notable occasion.

Betty Edwards By phone: 250-339-9752

By email: thriftstorequeen43@gmail.com

Classes Around the Centre

NEW REGISTRATION SYSTEM

We are working on setting up the new registration system for 2026 membership and classes. This system will allow for online registration and payment by credit card, in addition to the current system of registering at the office by cash, cheque, and debit.

The plan is to rollout the new system in December for 2026 membership and classes. We will schedule sessions to walk you through the registration process on your phone, iPad, or laptop. Look for more details about these sessions.

T'AI CHI GONG

Come experience “joy through movement”. Tai Chi is a moving meditation that combines slow, fluid movements, meditation, and breathing. It is a low impact exercise that puts minimal stress on joints and muscles while strengthening your core and posture. The gentle, flowing movements are easy to learn and follow to the soothing background of Hawaiian music.

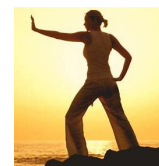
NEW Beginner class Tuesdays 9-10am.

October 7,14,21,28 – \$26.25, \$7.35 Drop-in

Experienced class Mondays 9-10 am

October 6,20,27 – \$19.95, \$7.35 Drop-in

FMI contact Nina at nsato@live.com
or 778-992-0220.



Information About Classes at the Centre

CLASS REGISTRATION

- ◆ Class registration is done by the month in two-month increments.
- ◆ Registration can be done through the office M-Th 10am-1pm by cash, cheque, or debit.
- ◆ After hours, use the forms and envelopes outside of the office window (cash/cheque). Note that registrations done after hours may not be recorded until the end of the next business day.
- ◆ You must be a member to register for a class; you are allowed one drop-in to try a class as a non-member if the class offers a drop-in option. Drop-in fee applies.
- ◆ Contact the coordinator regarding space availability in the class for drop-ins.

If you are interested in a class, please contact the coordinator to get more information, find out if there is space available, and arrange for a drop-in if that option is available.

Drop-in for Yoga, Core, Yoga workshop: \$15 (+\$0.75 GST)

Drop-in for Tai Chi, Line Dance, Dancefit: \$7 (+\$0.35 GST)

CANCELLATION POLICY AND REFUNDS FOR ALL CLASSES

Medical Reasons

In order to receive a refund for classes not taken, it must be for medical reasons. The coordinator must be informed immediately if medical leave is required.

Non-Medical Reasons

No credit will be given if a participant decides to drop out of a class for other reasons.

Unforeseen Closures

Refunds will not be given for inclement weather, instructor absence or other unforeseen closures. e.g. other levels of government required closure.

Insufficient Registration

All classes are subject to cancellation due to insufficient registration. These decisions are made up to one week prior to the start date and a full refund will be issued for cancelled programs.

Classes Around the Centre

MAGI'S EXERCISE CLASSES

d'Esterre exercise classes taught by Magi have been ongoing for over 30 years! Anyone is welcome to join our Fitness, Strength Training, or Chair Fit classes for fitness, fun, and friendship.



Don't hesitate; it's never too late to start.

Mon. & Wed. 11:15am – Strength Training (1 hr)

Tues. & Thurs. 10:00am – Fitness (1 hr)

Tues. 11:15am, Wed. 12:15pm, Thur. 11:15am –
½ hour Chair Fit

Registration is for each class by day (M,T,W,Th)

Cost for 1 hour classes is \$10/month (+GST)
per day

Cost for ½ hour Chair Fit classes is \$5/month
(+GST) per day

DANCEFIT

This aerobic exercise programme is a great way to get fit and stay in shape. It features simple choreography to music from around the world, and is tailored for the older adult of all ability levels.



The focus is on having fun while moving the body without discomfort. Dance is a great way to strengthen muscles and bones, boost cardio function, stimulate the brain, and improve posture, coordination and balance to prevent falls.

Classes are on Wednesdays, 10:00-10:55, in the ballroom.

Cost for October \$32.55, 5 classes. Drop-ins are welcome, space permitting, \$7.35 per class. Please register and pay at the office.

FMI contact Diana at 250-339-7714 or dianaterry@shaw.ca

LINE DANCING WITH BRENDA

Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face.



ABSOLUTE BEGINNER CLASS consists of instruction that is very repetitive and slow, ensuring your success in learning to line dance. Come and learn the terminology and basic steps of line dancing in a non-intimidating and friendly atmosphere. Wed. 6:15pm-7:15pm. FMI contact Kim 403-863-0738

or kimfell2009@gmail.com. \$7.35 Drop-in
Oct. 1,8,22,29 (no class Oct. 15) - \$26.25
Nov. 5,19,26 (no class Nov. 12) - \$19.95

LOW BEGINNER CLASS This class is a natural progression if you have attended the Absolute Beginner class and want to build upon the skills you have already learned. It will consist of low to medium level Beginner dances. Wed. 7:25pm-8:25pm. FMI, contact Kim 403-863-0738 or kimfell2009@gmail.com. \$7.35 Drop-in
Oct. 1,8,22,29 (no class Oct. 15) - \$26.25
Nov. 5,19,26 (no class Nov. 12) - \$19.95

EXPERIENCED BEGINNER CLASS is for the line dancer who has mastered basic steps and movements. Instruction will be at a quicker pace. It will consist of medium to high level Beginner dances, as well as some Improver level dances which will have more complex dance step patterns, longer steps, syncopation, various rhythms & tempos, and tags & restarts. This class has moved to Thursdays. 8:55-9:55 am. FMI Susan Lock at westwynde44@telus.net.
Oct. 2,9,23,30 (no class Oct. 16) - \$26.25
Nov. 6,13,20,27 - \$26.25 \$7.35 Drop-in

Just Dance



Yoga and Core Classes at the Centre

Monday Chair Rise & Shine 10:00-11:00 Deb Karlstrom

See p.15 Friday 1pm Chair Happy Bodies for a full description of this class.

Coordinator & Instructor: Deb Karlstrom drolston@shaw.ca 778-585-5105

Monday Yoga Series 3:00-4:30 Tina Pringle

Join Tina Pringle for a series of classes with a specific focus each month. October – "Your Core: fusion of Pilates and therapeutic yoga". November – "Reconditioning the fascia – the connective tissue network that supports every muscle, bone, and organ in your body". December – "Yoga for Back Care". This series is open to all levels and no prior yoga experience is necessary. See p. 14 for poster with more details.



Coordinator: Deborah Holmes debholmescomox@yahoo.ca 250-339-4313

Monday Yoga 4 Everyone Including You! 4:45-6:15 Deb Karlstrom

Are you looking for the challenge of the standing Asana poses to strengthen, lengthen, straighten and fine-tune your balance? Learn their names, and how to enter your pose safely and feel invigorated. This might be the class for you to make the biking/hiking/tennis/swimming & golf even better. The class is spent exploring our bodies standing, sitting, lying & hands/knees. Life moves us in all directions and so does this class. FMI or to see if this class is suitable for you, call Deb 778-585-5105 to chat.

Coordinator & Instructor: Deb Karlstrom drolston@shaw.ca 778-585-5105

Tuesday Core Plus 1 12:30-1:30 Steve Thomson

Core Plus 2 1:45-2:45 Steve Thomson

All levels fitness classes with Medical Exercise Specialist Steve Thomson who challenges your balance, core, flexibility and mobility, ending with a stretching session. The class enables you to be stronger and more confident in your daily activities.

Coordinator: Linda Barfoot fifthline@gmail.com 250-897-1374

Deborah Holmes debholmescomox@yahoo.ca 250-339-4313

Tuesday Slow & Gentle Soma Yoga 3:00-4:30 Wendy Anderson

In this class, gentle movements will soften & stretch your body's connective tissue before exploring somatic and restorative movements designed to release tension, aches & pain. Enjoy a final restorative relaxation pose with a soft Gong sound bath to calm your nervous system. This practice has been shown to reduce stress & anxiety, improve mobility, breathing, relieve shoulder, neck, back pain and much more. This class will allow plenty of time to unwind, release stress, breathe and move with ease. This class is done on the mat and is appropriate for everybody.

Coordinator & Instructor: Wendy Anderson wendyandersonsjoyflow@gmail.com 250-898-3021

Tuesday Men's Only Stretch 4:45-6:15 Deb Karlstrom

This all levels class is for men only. It is a practice to encourage stretching, strengthening and finding connection with one's body. To rediscover the breath and use it to dissolve tensions and be present to life now. Necessary is a sense of humour and willingness to do less." Motion is lotion" is the motto of this class that explores simple movement practices and yoga postures. A comfortable body is encouraged thru the use of props and modifications of poses. The class finishes with a rest that sends one back into the day relaxed.

Coordinator & Instructor: Deb Karlstrom drolston@shaw.ca 778-585-5105

Wednesday Soma Nidra 4:30-6:00 Wendy Anderson

Soma Nidra with Wendy is a blend of Somatic Movement, Yoga Nidra, and soft soothing Gong Sounds. When practiced together, this gentle class will support a deep release and unwinding of stress, anxiety & pain in the body. You will be guided to explore a gentle way of moving with breath that helps to release chronic muscular tension, stress, pain, and leaves you feeling relaxed and deeply replenished. This class is practiced lying down, so you must be able to lie down on the floor for this class. No experience is necessary, all are welcome. To learn more about Wendy, visit www.wendyandersonsjoyflow.com

Coordinator: Susan Toresdahl storesdahl@shaw.ca 250-339-6528

Yoga and Core Classes at the Centre

Thursday Yoga Workshop 12:00-1:30 Various Instructors
This class changes monthly. Please see posters on p. 15 for the Oct and Nov workshops.
Coordinator: Linda Barfoot fifthline@gmail.com 250-897-1374

Thursday Strength and Core 1:45-2:45 Signi Caine **CLASS FULL**
Strength and Core taught by Signi Caine, Personal Trainer and Rehab Specialist will focus on improving balance, mobility, and overall strength for daily activities. Classes include exercises that strengthen core muscles, which are vital for posture, as well as resistance training with bands to help strengthen muscles and bones. These classes are designed with modifications to accommodate various fitness levels and abilities, making them a safe and effective way for older adults to stay active and independent. Wear comfy clothes, running shoes and bring a yoga mat to class.
Coordinator: Linda Barfoot fifthline@gmail.com 250-897-1374

Thursday Yoga 4 Your Range of Movement 3:00-4:30 Deb Karlstrom
This all levels class for men & women explores movement practices, yoga poses including balancing and breath work. It begins with a meditation to find the present moment, one's grounding and intention for the practice. Throughout the class, alignment cuing is offered, modifications explored and encouragement of willingness to entertain possibilities.
To set the judging mind aside and be able to laugh at life is necessary in this class. The session finishes with relaxation, readings often from Mary Oliver & others and sends one back into their life rejuvenated.
Coordinator: Karen Fraser frasertransfer@shaw.ca 250-465-0118

Friday All levels Yoga 9:00-10:30 Nancy Moelaert
10:45-12:15

Yoga means Union - Unification of Body, Breath, and Mind
Through the practice of:

Asanas - physical postures for strength and flexibility

Pranayama - Breathing techniques to regulate Prana (Life Force Energy)

Meditation - kind focus and awareness of thoughts, feelings and sensations

Yoga is a system of physical, mental, and spiritual practices that aim to create a state of oneness between the body, mind, and the spirit of breath. This yoga class is an internally focused, meditative practice of performing physical postures with mindfulness of breath and sensations in the body. Learn the fundamentals of a safe yoga practice with in-depth instruction on alignment for the postures. With the continued guidance to keep the awareness of the breath you will find the balance of effort and ease. Class includes variety to compassionately challenge ourselves and variety to accommodate less flexibility or injuries and you are encouraged to work at your personal level.

FMI visit www.shoresofserendipityyoga.com or contact Nancy by email at shoresofserendipity@shaw.ca

Coordinator for 9am: Zina Richmond zina.richmond@gmail.com 250-898-1267

Coordinator for 10:45am: Marilynn Holmes rmholm@telus.net 250-702-3205

Friday Chair Happy Bodies 1:00-2:00 Deb Karlstrom

This class is designed for men & women who need a chair to practice. Simple movement patterns are investigated to strengthen, build awareness and acceptance of one's body. Shapes are held to encourage flexibility. Two mantras guide this practice; 'Motion is Lotion' and 'Enough.' Breath work is explored as well as some standing poses with the use of the chair or wall. Yes, we do practice balance in whatever form is available to one's abilities in the moment. There is laughter, as one needs to be able to laugh at life's many happenings and through this, one finds connection with community. The class finishes with readings, gratitude, and sends one back into their day feeling energized with a smile.

Coordinator & Instructor: Deb Karlstrom drolston@shaw.ca 778-585-5105

Yoga and Core Classes at the Centre

For all Yoga classes:

For all yoga classes, we require every yoga class member to bring a KING SIZE PILLOWCASE to hygienically protect our bolsters. **If you want to use a bolster, you must have a pillowcase.**

Yoga participants must bring their own mat and props; including blocks, pillow case, blanket, and yoga strap. It is also nice to have an eye pillow for full relaxation.

Monday Yoga Series

with Tina Pringle

Mondays 3:00-4:30



October—**Love your Core** – 3 weeks

Strengthen, support, and reconnect with your center in this class designed to help you love your core from the inside out. Blending the mindful movement of therapeutic yoga with the targeted strength-building of Pilates, this class supports core stability, spinal health, and overall body awareness.

Each session offers gentle, intentional movement and guided exploration to help you understand and connect with your core—not just the muscles, but the deeper systems that support your body and breath. You'll not only learn how your core functions but how to engage it correctly. If you are seeking a deeper connection with your body, this class offers a safe and supportive space for all levels. Come as you are—leave feeling informed, empowered, and deeply centered.

November—**Fascia Repair Series** - 4 weeks

Join us for a transformative yoga series focused on healing and reconditioning the fascia—the connective tissue network that supports every muscle, bone, and organ in your body. This gentle, therapeutic series blends mindful movement, breath work, myofascial release techniques, and restorative postures to hydrate and unwind tense fascia, improve mobility, and relieve chronic pain or stiffness.

Ideal for anyone recovering from injury, experiencing tension or fatigue, or simply wanting to move with greater ease and fluidity. Each class will build progressively, guiding you toward deeper awareness, enhanced flexibility, and whole-body integration.

December—**Back Care** - 3 weeks

This class is designed to support spinal health and ease discomfort in the back, hips, and shoulders through gentle, targeted movement and therapeutic yoga practices. Ideal for anyone experiencing chronic tension, mild to moderate back pain, or looking to build a healthier relationship with their spine.

Using mindful somatic movements, breath awareness, and supported postures, we will work to release tension, improve posture, and build core strength and pelvic stability—all essential for a resilient back. Each class includes simple sequences that are slow and adaptable to a wide range of abilities.

Whether you are recovering from injury, managing ongoing discomfort, or simply seeking tools for long-term spinal wellness, this class offers a safe and supportive space to reconnect with your body and move with greater ease.

Open to all levels—No prior experience necessary. All bodies welcome

Thursday Yoga Workshops

Healthy, Happy Hips

Thursdays from 12:00-1:30 pm

October 2, 9, 16, 23 and 30

\$50 for five weeks



In this workshop, we will focus our attention on our foundation. Learn how our feet and our walking gait affect our pelvis to learn signs that we are headed toward hip problems and what to do about it. This series will include exploration of hip stability, flexibility, and mobility with emphasis on understanding our muscular tension, pain, or discomfort, and learning ways to self-heal.

The class may include:

- ◆ Breathing and building a meditative awareness of our body and relaxing areas of tension.
- ◆ Visuals of particular muscles that may be involved in our pain to help visualize and understand our body's structure to receive more benefit.
- ◆ Foot props to awaken and restore circulation. Release tension to improve flexibility and increase shock absorption to minimize the impact to the joints above.
- ◆ Using Yamuna 4 to 10 inch Body Rolling Balls to create space in the joints and massage muscles to generate freedom in the pelvis.
- ◆ Yoga poses and exercises to build strength and stability.
- ◆ Yin yoga poses to relax and stretch.

For more information, contact Nancy at shoresofserendipity@shaw.ca

Move with Ease

Thursdays from 12:00-1:30 pm

November 6, 13, 20 and 27

\$40 for four weeks



Move with Ease is a 4-week seated Hanna Somatic Movement series designed for seniors who want to feel more flexible, grounded, and confident in their bodies. Hanna Somatic Movement is a gentle, science-based practice that supports aging bodies. By slowing down and tuning in, we retrain the brain-to-muscle connection-releasing chronic tension, improving posture, and restoring natural movement patterns that have become restricted with age, injury, or habit.

Using simple, gentle movements from a chair and some standing work, we'll explore how to release long-held tension, improve posture and balance, and reconnect the brain to body. Each session includes breath awareness, easy-to-follow seated or standing movements, and education about the benefits of Hanna Somatics for aging bodies. No experience needed. All movements are slow, mindful, and adaptable.

Join Wendy Anderson, Hanna Somatic Movement coach, Yoga Teacher and Breathwork Facilitator to explore how Hanna Somatics can help you to reclaim ease, breath and balance- one gentle movement at a time.

For more information, contact wendyandersonsjoyflow@gmail.com

d'Esterre Seniors' Centre Association Clubs & Activities

For more information, contact the coordinator listed for an activity or class

<p>Centre Office M-F 10 am-1 pm 250-339-5133</p> <p>Kitchen Hours M-F 8 am-12:30 pm</p> <p>Executive Director Alex Jegier alex@comoxseniors.ca 250-339-5133</p>	<p>Monday</p>	<p>T'ai Chi Gong—Experienced Soapstone Carving Art Group</p> <p>Chair Rise & Shine Strength Training Bridge (Partners) Carpet Bowling</p> <p>American Mah-Jongg Fun & Games Yoga Series Yoga 4 Everyone Bid Euchre</p>	<p>BR CRR AR</p> <p>BR BR CR BR</p> <p>DR DR BR BR CR</p>	<p>9:00 am 9:00 am 9:00 am</p> <p>10:00 am 11:15 am 12:30 pm 1:00 pm</p> <p>1:00 pm 1:15 pm 3:00 pm 4:45 pm 7:00 pm</p>	<p>Nina Sato Lorraine Kendall Wendy Tippett wa.tippett@shaw.ca Judy Mann judydmann</p> <p>Deb Karlstrom Bev Haist Jane Jenssen Diane Owens and Bea Hoyseth Susan Ward Harry Piercy Deborah Holmes Deb Karlstrom Charlie/Norma Cooper</p>	<p>778-992-0220 250-339-1983 @gmail.com @shaw.ca</p> <p>778-585-5105 250-871-4299 250-871-0350 250-941-8600 250-941-6055 250-339-2979 250-702-5948 250-339-4313 778-585-5105 250-792-4075</p>
<p>Gift Shop M-F 10 am-1pm Nancy Kremer nancy2fancy@shaw.ca 250-650-2193</p> <p>Library Roger Taylor rogetaylor@gmail.com 250-890-9422</p> <p>Special Events cheryl@comoxseniors.ca</p>	<p>Tuesday</p>	<p>T'ai Chi Gong—Beginner Fitness Quilters Glass Studio Rock & Gem Club Chair Fit 1 Core Plus 1 Core Plus 2 American Mah Jongg Skillbuilder's Bridge Gentle Soma Yoga Men Only Stretch Duplicate Bridge</p> <p>Cribbage</p>	<p>BR BR AR CRR CR BR BR BR DR CR BR BR CR</p> <p>BR</p>	<p>9:00 am 10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 12:30 pm 1:45 pm 1:30 pm 1:00 pm 3:00 pm 4:45 pm 6:30 pm</p> <p>7:00 pm</p>	<p>Nina Sato Pat Jacobson Donna Englehart Isabel Thomas Ralph Bruinink Pat Jones Linda Barfoot Linda Barfoot Susan Ward Lori Carter Wendy Anderson Deb Karlstrom Judy Morrison and Rona Lawson Diana Fright or Harry Piercy</p>	<p>250-992-0220 250-465-1683 250-702-9493 250-339-9667 250-339-6966 250-339-6706 250-897-1374 250-897-1374 250-339-2979 403-512-8203 250-898-3021 778-585-5105 250-890-1053 250-339-5491 250-339-7714 250-702-5948</p>
<p>Pottery Studio Mary Deveau 250-850-9727</p> <p>Wood Shop Jim Cooper 250-218-5267 Seniorwoodworker @gmail.com</p> <p>Cue Sports Mike Couture 250-898-4633</p>	<p>Wednesday</p> <p>No class 10/15 No class 10/15</p>	<p>French Spoken Beg-Interm Dancefit Spanish Spoken Advanced</p> <p>Glass Studio Strength Training Chair Fit 2 Recorder Carpet Bowling</p> <p>Duplicate Bridge Table Tennis I</p> <p>Soma Nidra Yoga Absolute Beginner Line Dancing Low Beginner Line Dancing</p>	<p>AR BR AR</p> <p>CRR BR BR DR BR</p> <p>CR BR</p> <p>BR BR BR</p>	<p>9:00 am 10:00 am 10:00 am</p> <p>10:00 am 11:15 am 12:15 pm 1:00 pm 1:00 pm</p> <p>1:00 pm 3:00 pm</p> <p>4:30 pm 6:15 pm 7:25 pm</p>	<p>Raymond Morin Diana Fright Margaret Allen or Derek Richmond Isabel Thomas Bev Haist</p> <p>Deirdre Bowers Diane Owens and Bea Hoyseth Frieda Home friedaho8549@gmail.com Peter Birch or Gerry Woloshyn Susan Toresdahl Kim Fell Kim Fell</p>	<p>250-871-6277 250-339-7714 250-339-3772 250-218-3442 250-339-9667 250-871-4299</p> <p>250-650-0651 250-941-8600 250-941-6055 @gmail.com 250-465-8154 250-339-3264 250-339-6528 403-863-0738 403-863-0738</p>
<p>Rock and Gem Ralph Bruinink 250-339-6966</p> <p>Glass Studio Isabel Thomas 250-339-9667</p> <p>Silversmith Bonnie Luterbach bluterbach@shaw.ca</p>	<p>Thursday No class 10/16</p>	<p>Exp. Beginner Line Dancing Fitness Glass Studio Quilters Mah Jongg (Learn to Play) Chair Fit 1 Knitting Mah Jongg Yoga Workshop Strength and Core Yoga 4 Range of Movement</p>	<p>BR BR CRR AR CR BR DR CR BR BR BR</p>	<p>8:55 am 10:00 am 10:00 am 10:00 am 10:00 am 11:15 am 11:30 pm 1:00 pm 12:00 pm 1:45pm 3:00 pm</p>	<p>Susan Lock westwynde44 Pat Jacobson Isabel Thomas Donna Englehart Harry Piercy Pat Jones Elaine Kivela Barbara Havers Linda Barfoot Linda Barfoot Karen Fraser</p>	<p>@telus.net 250-465-1683 250-339-9667 250-702-9493 250-702-5948 250-339-6706 250-941-2518 250-792-5103 250-897-1374 250-897-1374 250-465-0118</p>
<p>Special Occasion Cards Betty Edwards 250-339-9752 thriftstorequeen43@gmail.com</p> <p>Newsletter Nina Sato nsato@live.com 778-992-0220</p>	<p>Friday</p>	<p>French Spoken Advanced Yoga Yoga Spanish Spoken Advanced Silversmith Meeting Chair Happy Bodies Canasta Fun & Games Table Tennis I Table Tennis 2 Table Tennis 3</p>	<p>AR BR BR AR CR BR CR DR BR BR BR</p>	<p>9:00 am 9:00 am 10:45 am 10:00 am 10:00 am 1:00 pm 1:00 pm 1:00 pm 2:30 pm 3:30 pm 4:30pm</p>	<p>Raymond Morin Zina Richmond Marilynn Holmes Derek Richmond Bonnie Luterbach bluterbach Deb Karlstrom Harry Piercy Sherry Brydon Peter Birch Leon Van Noorden Ernst Vegt</p>	<p>250-871-6277 250-898-1267 250-702-3205 250-218-3442 @shaw.ca 778-585-5105 250-702-5948 250-792-2256 250-465-8154 250-339-5772 604-519-6748</p>
	<p>Saturday</p>	<p>Bridge (Duplicate)</p>	<p>CR</p>	<p>1:00 pm</p>	<p>Jeannette Baron and Wendy Kneeland-Peddie</p>	<p>250-339-7161 250 837 1590</p>

*Room Legend: BR (Ballroom), CR (Card Room), CRR (Craft Room), DR (Dining Room), LIB (Library), AR (Art Room)